

Friends Matter

I've found the perfect recipe for a friend, and I'm going to share it with you: a sprinkle of happiness, a heap of trust, and, of course, a touch of magic!

But sometimes I scratch my head and think... What do friends do for us?

Friends create us.

Friends enable us.

Friends believe in us.

Friends are what makes you... you.

Delve into your mind and think of your friends. They might be funny, intelligent, supportive, good listeners or just 'great'. Of course, there are a million adjectives we could use to describe our mates, our pals, our buddies; but what would we be without them?

Did you know that psychologists claim that once a friendship has lasted for seven years, it will last a lifetime! It is important to say; however, that a friendship is all about lasting memories, even if your contact with a friend isn't as regular or is even lost...

But how do we learn to make friends?

We don't. We learn the *value* of friendship over everything else.

As the great fighter Muhammed Ali expressed,

"Friendship is... not something you learn in school. BUT, if you haven't learned the meaning of friendship, you haven't learned anything at all."

So today, call your friend, video call your friend, write a letter, send a text; let your friend know that they have a friend.